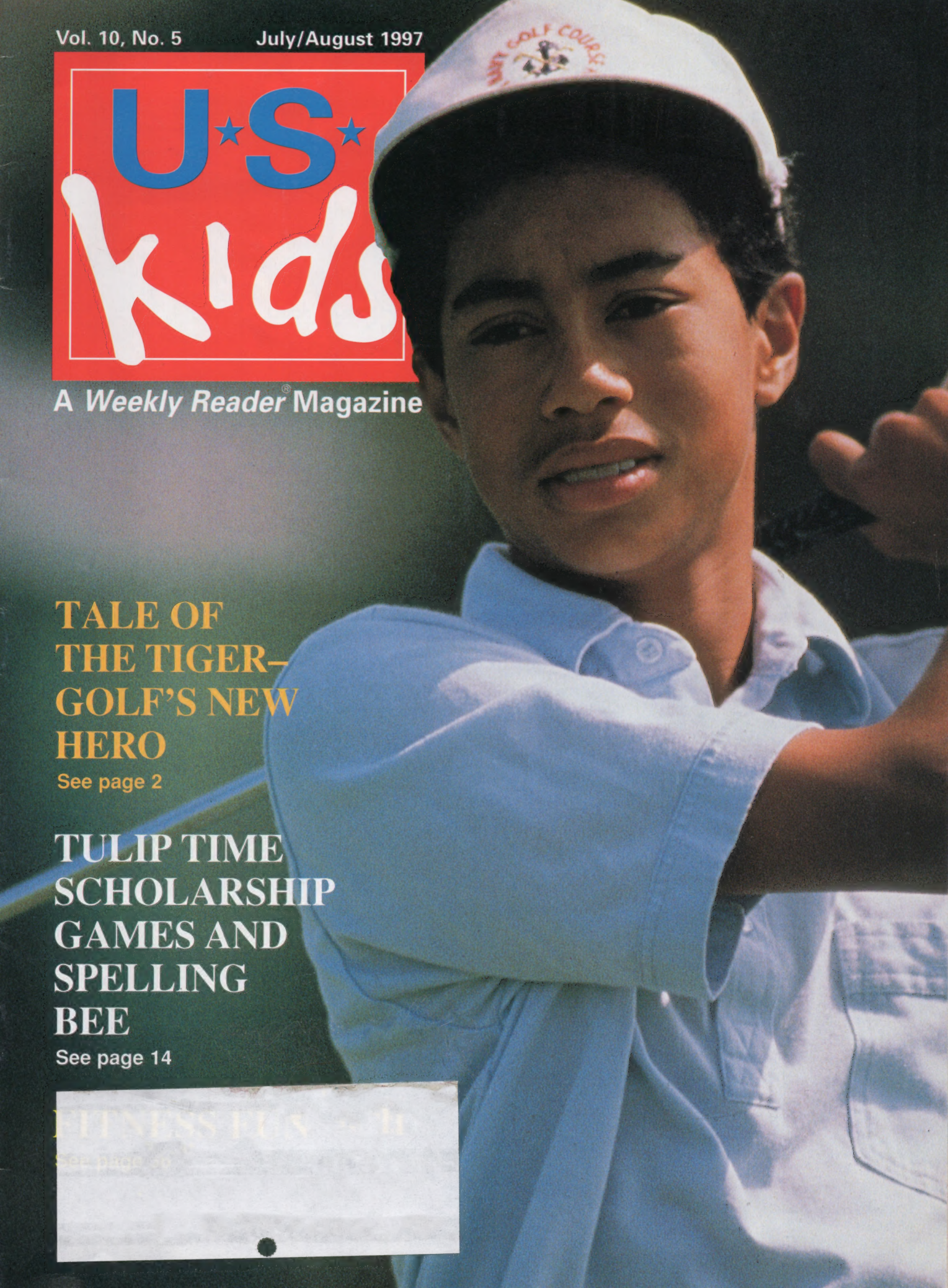
Vol. 10, No. 5 July/August 1997

U·S Kids

A *Weekly Reader*® Magazine



TALE OF THE TIGER– GOLF'S NEW HERO

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TULIP TIME SCHOLARSHIP GAMES AND SPELLING BEE

See page 14

FITNESS FUN
See page 10

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U·S·Kids
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Ed Press Distinguished Achievement Award

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Answers

Puzzle Squad, pages 23-27:

Mummery is the Word: Mummers' Strut.

Busy as a "B": ball, banjo, bee, bike, box, bus, butterfly.

Ben's Birthday: 1706.

Have a Chair: 12.

Independence Hall:

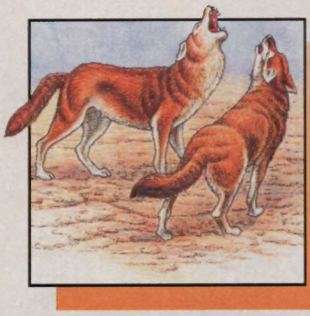
C	L	K	O	H	Y	B	I	E	G	A	L	F
O	O	J	P	X	V	K	K	E	R	U	B	R
U	I	N	D	E	P	E	N	D	E	N	C	E
N	T	C	S	M	G	Y	A	O	O	G	H	E
T	U	Q	Y	T	R	E	B	I	L	A	O	D
R	P	Y	H	P	I	R	Q	M	L	D	O	O
Y	E	L	Q	G	N	T	R	L	Y	F	H	M
Z	E	L	L	D	R	B	U	N	I	T	E	D
F	D	E	C	L	A	R	A	T	I	O	N	M
W	M	B	S	I	W	S	P	T	I	W	J	T
K	B	V	A	P	M	M	L	V	B	O	R	P
S	E	T	A	T	S	Q	M	W	K	Y	N	S

What's That Year?: 1776.

First Defense, pages 33:

Skin Hints: feed, clean, sunscreen.

Activity Page: "Take Your Best Shot," page 5



Poster Pages: "The Call of the Coyote," page 19

Kids Helping Kids: "My Parents Are Getting a Divorce," page 38

On the cover: Tiger Woods at age fourteen. Cover photo © Christina Salvador/SYGMA

Feature

Tale of the Tiger– Golf's New Hero

by Jeff Ayers

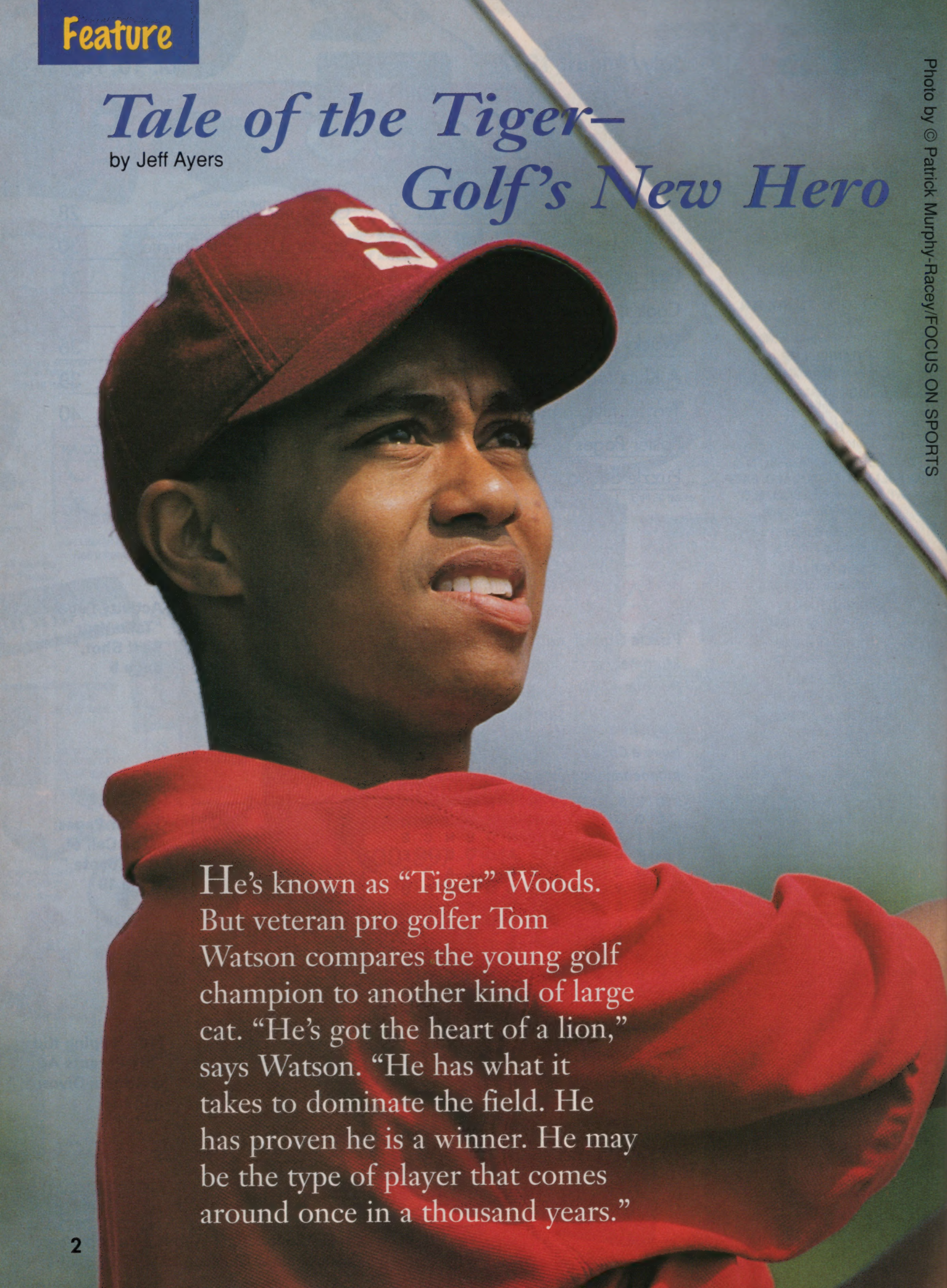


Photo by © Patrick Murphy-Racey/FOCUS ON SPORTS

He's known as "Tiger" Woods. But veteran pro golfer Tom Watson compares the young golf champion to another kind of large cat. "He's got the heart of a lion," says Watson. "He has what it takes to dominate the field. He has proven he is a winner. He may be the type of player that comes around once in a thousand years."

Eldrick "Tiger" Woods got his nickname from his father, Earl Woods. Mr. Woods named his son after a Vietnamese soldier who had been his friend. The nickname "Tiger" seems fitting for an athlete whose strength, grace, and focused determination have taken him to the very highest level of his chosen sport.

This spring, Tiger Woods won the all-important Masters Tournament in Augusta, Georgia. But he didn't just *win* the tournament—he set six new Masters records. In addition to being the youngest champion ever (he's 21), Tiger finished with fewer strokes than any other previous winner (a 72-hole score of 18-under-par 270). And he won with the largest margin of strokes (12) against the second-place finisher, Tom Kite. Golfing legend Jack Nicklaus said of Tiger's performance, "This is a golf course that he's going to own for a long time. He's going to win here a lot."

What makes Tiger Woods such a great golfer? One reason is the early training and encouragement he received from his parents. "Every mother thinks her child is special, no matter what they do," explains Tiger's mother, Kultida. She says that her husband didn't waste any time introducing their son to the game. "Tiger first swung a club when he was only six months old."

Tiger learned the basics of the game when he was still just a cub—oops!, we mean kid. It didn't take long for other golfing professionals to see that Mr. Woods' coaching and Tiger's natural talent were a winning combination. Tiger appeared on a national TV talk show at age two to demonstrate his putting skills. He shot a 48 for nine holes when he was three and was featured in *Golf Digest* when he was just five years old.

As he matured, Mr. Woods taught Tiger about the mental aspects of the sport: the need to stay focused and to keep calm under pressure. In his teen years, Tiger's playing continued to improve. He won three consecutive U.S.

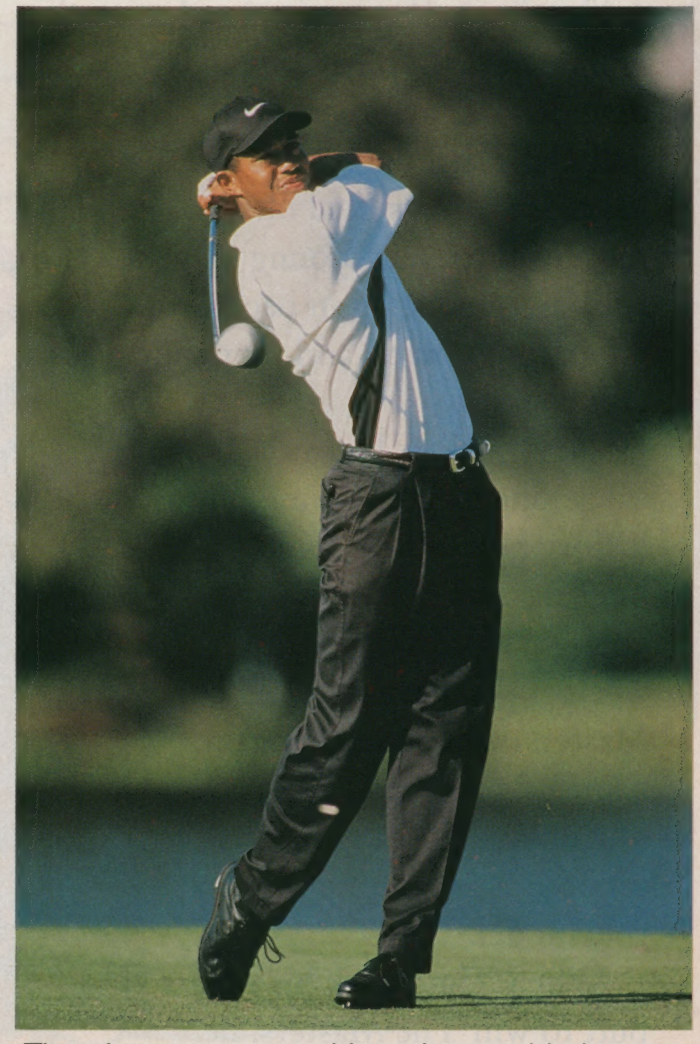


Photo by © Michael Cohen/SYGMA

Tiger has a monster drive—he can hit the ball 300 yards off the tee!

Golf Association Junior titles and three U.S. Amateur championships in a row. While attending Stanford University, he won the 1996 NCAA championship. Tiger turned pro at the age of twenty, and at the age of twenty-one he became golf's youngest champion when he won The Masters.

Sportswriters, TV broadcasters, and other professional golfers believe Tiger Woods will attract lots of young people to the game of golf. Already, across the U.S., kids are seeking out information on golf from their school athletic departments, city parks programs, and from adult golfers (including parents and grandparents). In garages and basements across the country, old golf clubs that have been idle for years are being sawed off and regripped for new, young players. Kids are practicing in backyards, on driving ranges, and on public golf courses.

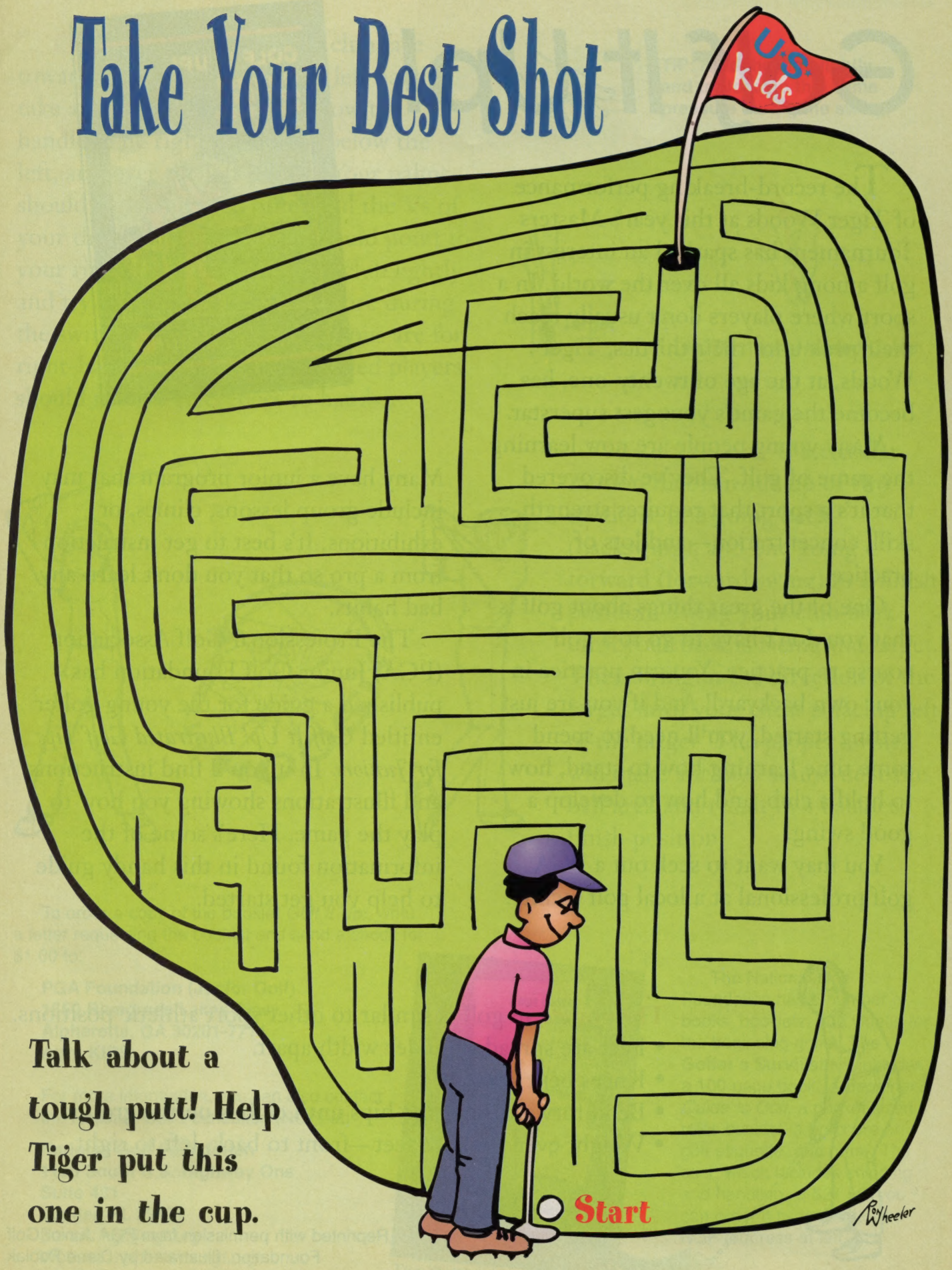
Tiger Woods knows that as the youngest golf champion in history he can help build interest in the sport among young people all over the world. "Winning here (The Masters) will do a lot for the game of golf," says Tiger. "I'm in a unique position because a lot of kids look up to me as a role model."

When Tiger sank his final putt to win The Masters, he turned to hug his caddy, "Fluff" Cowan, his father, and his mother. Golf fans from around the world (and even people who don't follow golf) watched on television. Tiger's dramatic victory at The Masters has already inspired many people, including another avid golfer—the president! He telephoned Tiger right after the tournament to congratulate him. ★

1997 PGA Masters Golf Champion Tiger Woods and his father, Earl.

Photo by © Jones/Gamma Liaison

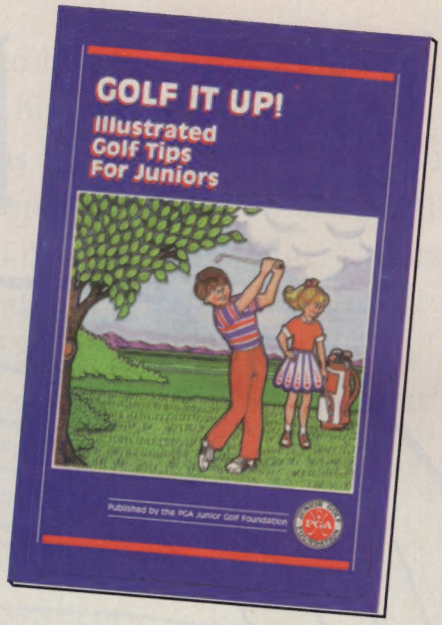
Take Your Best Shot



Talk about a tough putt! Help Tiger put this one in the cup.

Illustrated by Ron Wheeler

Golf It Up!



The record-breaking performance of Tiger Woods at this year's Masters Tournament has sparked an interest in golf among kids all over the world. In a sport where players don't usually reach their peak until their thirties, Tiger Woods, at the age of twenty-one, has become the game's youngest superstar.

Many young people are now learning the game of golf. They've discovered that it's a sport that requires strength, skill, concentration—and lots of practice!

One of the great things about golf is that you don't have to go to a golf course to practice. You can practice in your own backyard! And if you are just getting started, you'll need to spend some time learning how to stand, how to hold a club, and how to develop a good swing.

You may want to seek out a PGA golf professional at a local golf facility. Many have a junior program that may include group lessons, clinics, or exhibitions. It's best to get instruction from a pro so that you don't learn any bad habits.

The Professional Golf Association (PGA) Junior Golf Foundation has published a guide for the young golfer entitled *Golf It Up! Illustrated Golf Tips for Juniors.* In it you'll find instructions and illustrations showing you how to play the game. Here's some of the information found in this handy guide to help you get started.

The stance in golf is similar to other sport athletic positions.

- Feet are spread shoulder width apart.
- Knees bent slightly.
- Bend forward from the hips until club is on the ground.
- Weight even on both feet—front to back, left to right.

Reprinted with permission from PGA Junior Golf Foundation. Illustrated by Diane Pobiak

The grip: First, point the club face toward the target. With your left hand, take a handshake grip just below the handle. The right hand goes below the left, and over the left thumb. Your palms should be facing each other and the Vs of your thumb and forefinger should point to your right side. Tip: Hold the club lightly and try to keep this same pressure during the swing. (Note: These directions are for right-handed players. Left-handed players should reverse references to hands.)

TIP: Hold the club lightly and try to keep this same pressure during the swing.

NOTE: Right-Handed Golfer

The golf swing is a circular motion that is made up of two motions: one going back (backswing), and one going forward (forward swing) to a finish position. Swing your club back until your back is facing the target. Then swing in the direction of the target until your chest is facing left of the target. The proper swing will make a *whoosh* sound near the ball area and result in a balanced finish position.

To order a copy of the booklet *Golf It Up!,* write a letter requesting the booklet and send a check for $1.00 to:

PGA Foundation (Junior Golf)
1650 Bluegrass Lakes Pkwy.
Alpharetta, GA 30201-7714
Attn: KIDS

For more information, you can also contact the National Golf Foundation (NGF) at:

National Golf Foundation
1150 South U.S. Highway One
Suite 401
Jupiter, FL 33477
E-mail· ngf@ngf.org
Website: http://www.ngf.org

The Golfer's Survival Kit

The National Golf Foundation has a number of books, booklets, and videos for the beginning golfer **The Golfer's Survival Kit** includes a 100-page book, *A Beginner's Guide to Golf,* a pocket-sized rules booklet, a brochure on golf etiquette, and more. The cost, which includes shipping and handling, is $21.50; you can order it by writing to the NGF (address at left).

Explorer's Trail Mix

Summer is a great time to get out and enjoy nature. Whether it's a trip to the park, a hike through the woods, or just a bike ride around the neighborhood, you need fuel to keep you going. Here's a recipe for a tasty summer snack—one that you can take with you wherever you go!

What You Need: (makes eight cups)

4 cups cereal (wheat squares, such as Wheat Chex, and round oats, such as Cheerios, work well)
1 cup thin pretzel sticks
1 cup peanuts
2 tablespoons vegetable oil
1 tablespoon Worcestershire sauce
1 cup raisins
1 cup dried apples or apricots

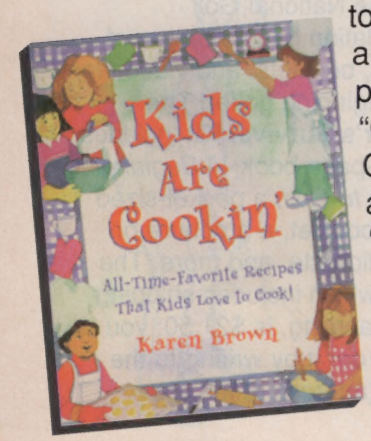
What You Do:

1. Spread cereal, pretzels, and peanuts in a baking pan
2. In a small bowl, mix together oil and Worcestershire sauce, sprinkle the cereal mixture with the oil mix.
3. Bake at 350° F for about ten minutes or until toasted.
4. Cool; stir in raisins and dried fruit.

The Cook's Review

Kids Are Cookin' by Karen Brown
Meadowbrook Press, 1997, $12.00

From "Waker-Uppers" and "A Bunch of Lunch," to "Dig In for Dinner" and "Save-the-Best-for-Last Desserts," this new kids' cookbook offers delicious recipes for any time of day *Kids Are Cookin'* is easy and fun to read, and the recipes are easy and fun to prepare. How about "Carrot Sticks with Confetti Dip" for an appetizer, followed by a "Tasty Tex-Mex Taco Salad" and some "Chocolate Mud Pies with Gummy Worms" for dessert? Yum!



Healthful Recipe Contest

The Children's Better Health Institute and *U·S·Kids* are looking for original, healthful recipes to share with our readers. Send us your own original recipe, and you could win a 1st, 2nd, or 3rd place certificate and be featured in *U·S·Kids!* Here are the rules:

1 Recipe must be original—not one from a cookbook.
2. Recipe must be healthful! That means low in fat, sugar, and sodium, high in fiber, and containing no artificial sweeteners (no dessert recipes, please).
3. Print (or type) your recipe on white paper, and include your name, *the name of your recipe,* your address, phone number, age, and parent's signature. Also include a school picture of yourself, or a picture of you and your family.
4. Entries must be postmarked no later than December 31, 1997

Mail your recipe entry to:
Healthful Recipe Contest
***U·S·Kids*, P.O. Box 567**
Indianapolis, IN 46206.

Sorry, we are not able to return entries/photos. All entries become property of the Children's Better Health Institute.

Illustrated by Laurel Aiello

Recipe and art reprinted with permission by Meadowbrook Press.

Pizza and Prunes Dreamer

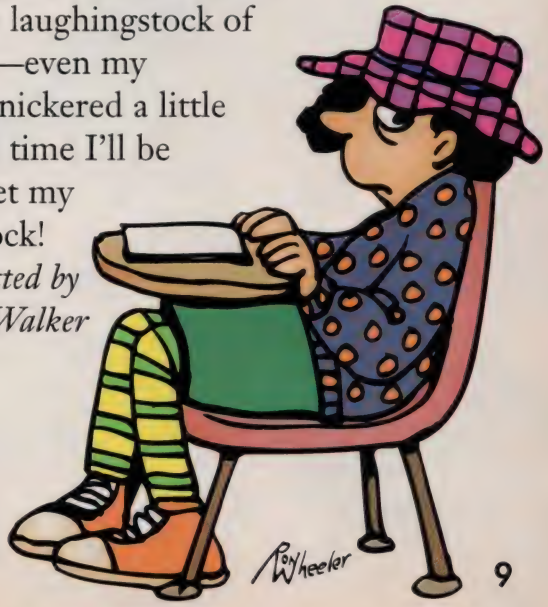
Griffin, Georgia—I was in my bedroom watching TV when I heard something banging on the wall. It sounded like it was coming from my brother Jared's room. I went to check on him. He was still asleep, but he was pounding on the wall, saying, "Leave the pepperoni on! If you take it off, I'll make your mother feed you prunes for the rest of your life!" After I woke him up, I gave him a glass of milk and some cookies.
—Submitted by Brooke Williams

Lend Me Your Ear

Catawissa, Pennsylvania—When we first got our puppy, I slept downstairs with her. I did this because puppies usually cry the first night you have them. During the night, the puppy woke up while I was still sound asleep. To wake me up, she began to tug on my ear! That was her way of letting me know that she wanted to play.
—Submitted by Diana Snyder

The Latest Fashion

Philadelphia, Pennsylvania—One morning I woke up very late for school. Because I was rushing around like crazy, I didn't realize that I had picked out the weirdest things to wear. My clothes didn't match at all. I wore yellow and green-striped tights with a blue and orange polka-dot sweatshirt. To top it all off, I had on a red-and-purple checked hat. I was the laughingstock of my class—even my teacher snickered a little bit. Next time I'll be sure to set my alarm clock!
—Submitted by LaTisha Walker



A Klutz for a Coach

by Laura Lee Wren

Jaimee hobbled home from a morning of summer school. She was fighting the awkward rhythm of her crutches. "Plant the crutches. Swing your leg. Plant the crutches. Swing your leg," she muttered. Walking with crutches was hard work.

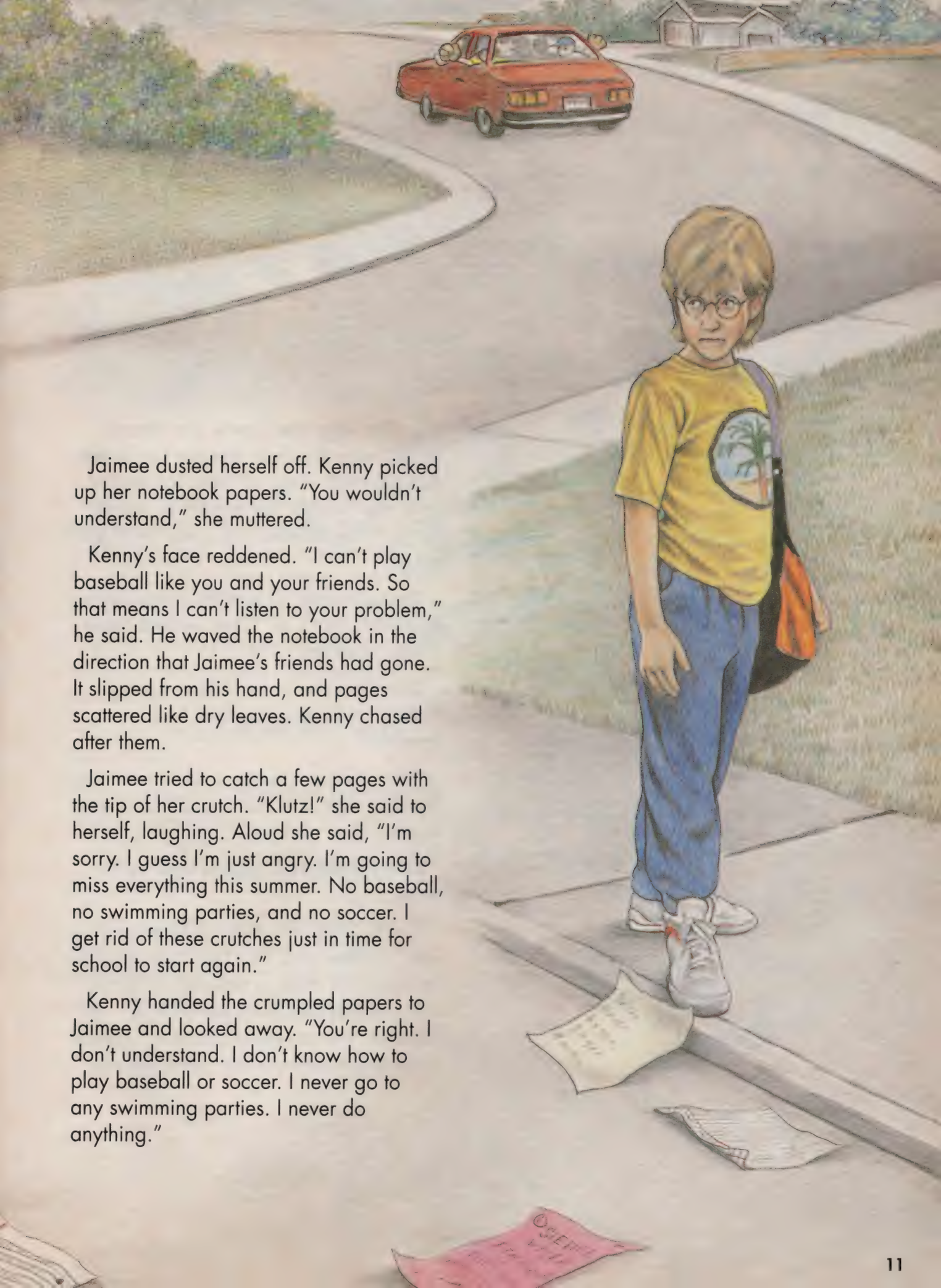
"See you later, Jaimee." Three of her friends waved from a car window, baseball gloves in hand. The car disappeared down the road.

"It's not fair!" Jaimee kicked at a rock on the sidewalk. She missed, lost her balance, and toppled onto the pavement. Papers from her notebook scattered everywhere.

Jaimee turned from angry to embarrassed as she noticed a skinny boy walking slowly toward her. He pushed his glasses back up his nose. "Are you OK?" he asked.

Jaimee looked up. "I could use a hand getting that crutch over there, Kenny."

Kenny picked up the hated crutch. Then he offered Jaimee his hand. "Why did you throw it over there anyway?" he asked.

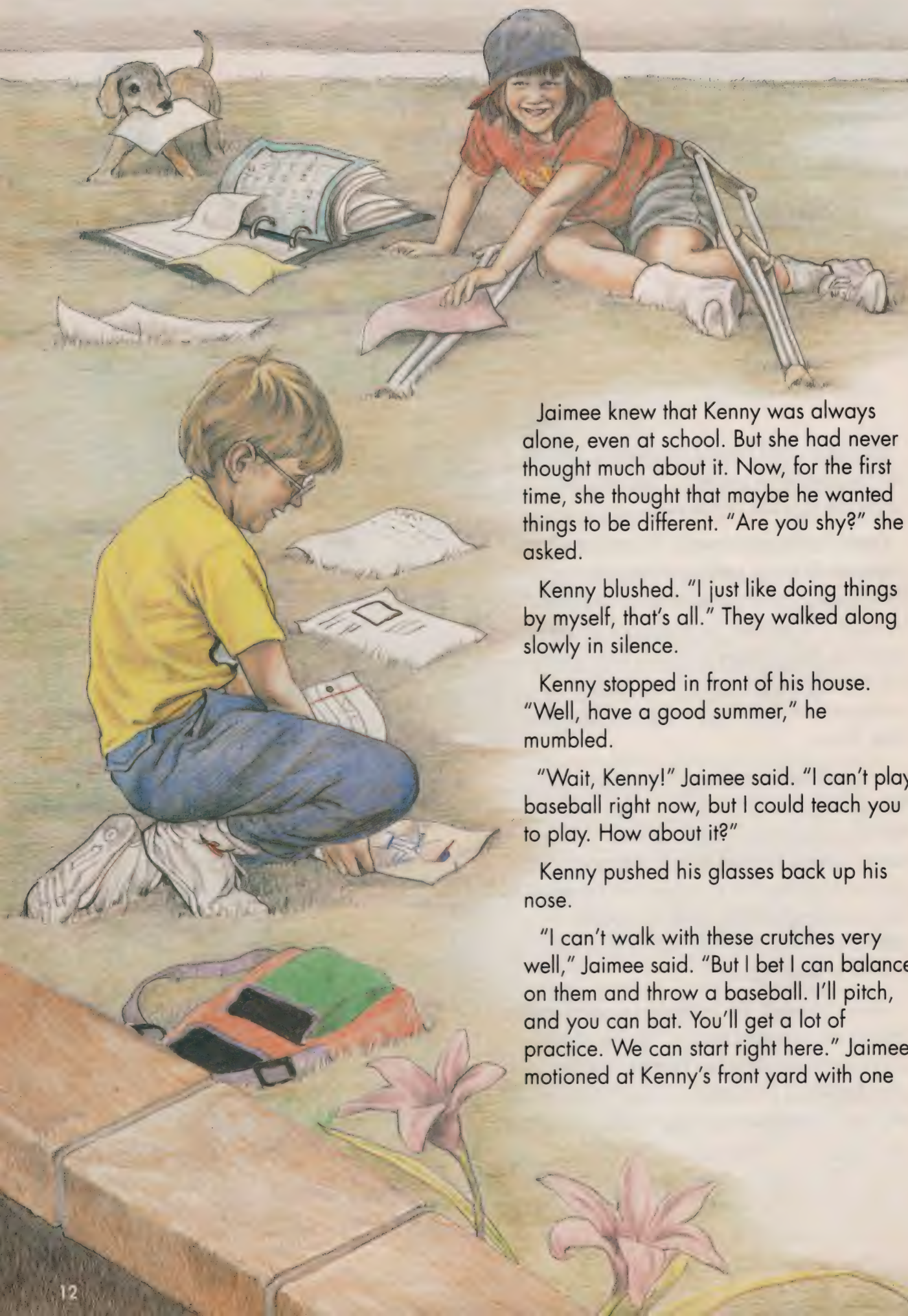


Jaimee dusted herself off. Kenny picked up her notebook papers. "You wouldn't understand," she muttered.

Kenny's face reddened. "I can't play baseball like you and your friends. So that means I can't listen to your problem," he said. He waved the notebook in the direction that Jaimee's friends had gone. It slipped from his hand, and pages scattered like dry leaves. Kenny chased after them.

Jaimee tried to catch a few pages with the tip of her crutch. "Klutz!" she said to herself, laughing. Aloud she said, "I'm sorry. I guess I'm just angry. I'm going to miss everything this summer. No baseball, no swimming parties, and no soccer. I get rid of these crutches just in time for school to start again."

Kenny handed the crumpled papers to Jaimee and looked away. "You're right. I don't understand. I don't know how to play baseball or soccer. I never go to any swimming parties. I never do anything."



Jaimee knew that Kenny was always alone, even at school. But she had never thought much about it. Now, for the first time, she thought that maybe he wanted things to be different. "Are you shy?" she asked.

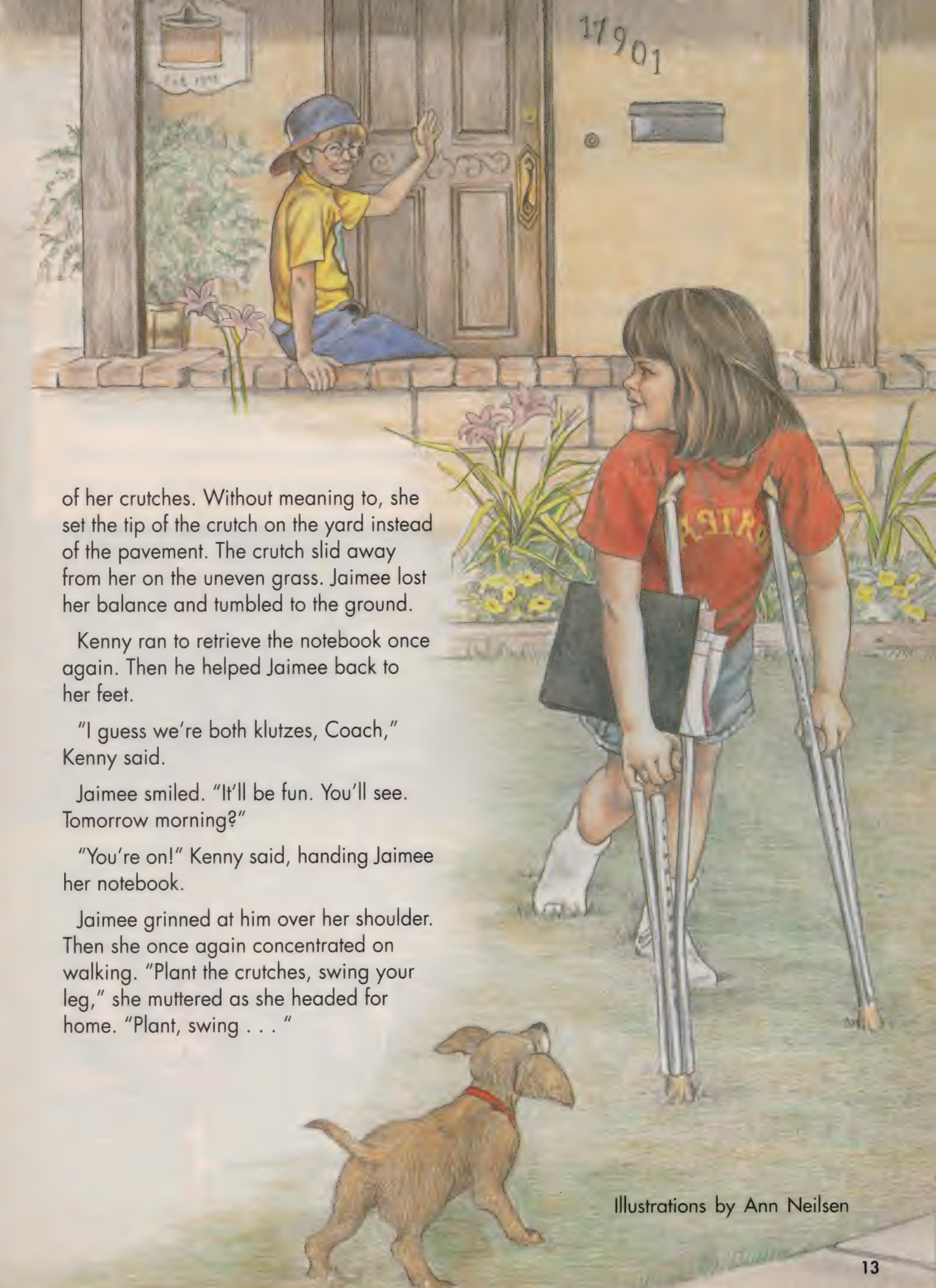
Kenny blushed. "I just like doing things by myself, that's all." They walked along slowly in silence.

Kenny stopped in front of his house. "Well, have a good summer," he mumbled.

"Wait, Kenny!" Jaimee said. "I can't play baseball right now, but I could teach you to play. How about it?"

Kenny pushed his glasses back up his nose.

"I can't walk with these crutches very well," Jaimee said. "But I bet I can balance on them and throw a baseball. I'll pitch, and you can bat. You'll get a lot of practice. We can start right here." Jaimee motioned at Kenny's front yard with one



of her crutches. Without meaning to, she set the tip of the crutch on the yard instead of the pavement. The crutch slid away from her on the uneven grass. Jaimee lost her balance and tumbled to the ground.

Kenny ran to retrieve the notebook once again. Then he helped Jaimee back to her feet.

"I guess we're both klutzes, Coach," Kenny said.

Jaimee smiled. "It'll be fun. You'll see. Tomorrow morning?"

"You're on!" Kenny said, handing Jaimee her notebook.

Jaimee grinned at him over her shoulder. Then she once again concentrated on walking. "Plant the crutches, swing your leg," she muttered as she headed for home. "Plant, swing . . . "

Illustrations by Ann Neilsen

TERRIFIC TULIP TIME!

This year's Tulip Time Scholarship Games can be summed up in one word: terrific!

Mother Nature did her best to provide us with a perfect day: a sunny sky, warm temperatures—even a gentle breeze to cool off the runners.

Our readers (and their parents) came from near and far: Kentucky, Illinois, Ohio, Michigan, Tennessee, Wisconsin, North Carolina, Texas, Rhode Island, and, of course, from Indiana. They came not only to compete, but to have fun. And as you can see from the photos we've featured here, when it came to having fun, everyone was a winner!

Photos by Kevin Foster unless otherwise marked

SHANNON MORLOCK

Shannon Morlock, age 8, came from Bloomville, Ohio, to participate in the Games. Shannon signed up for the Predicted Time Race, Hot-Shot Basketball, Accu-Shot Golf, and the 400-meter run—which she won! Shannon trained for the event by running regularly at home. Her practice paid off—Shannon took home a $500 Children's Better Health Institute Scholarship for her efforts!

At home, Shannon is an active athlete. She enjoys basketball, gymnastics, softball, miniature golf, and cross-country running (no surprise!).

ASHLEY WILLIAMS

Ashley Williams, age 10, came to the Fitness Farm with her sister Eboneé, age 9, and her brother Robert, who is 8. With Mom behind the wheel, Ashley and her siblings drove all the way from Memphis, Tennessee, to participate in the Tulip Time Scholarship Games—what a great mom!

Before journeying to Indianapolis, Ashley studied the Scholarship Spelling Bee word lists and learned the names (and spelling!) of the bones from the Mr. Bones Skeleton Scholarship event. She must have studied pretty hard, because she correctly identified all the bones for a $1000 scholarship from Grand Valley State University in Allendale, Michigan. *And* she won a first-place $5000 scholarship to Iowa Wesleyan College in Mount Pleasant, Iowa, in the 10-and-under Spelling Bee. Way to go, Ashley!

KELLY AND ROBIN ARNETT

Kelly and Robin Arnett, ages 9 and 10, live in West Lafayette, Indiana. They both participated in the Hot-Shot Basketball, Hot-Foot Soccer, and 200-meter run events.

The sisters agreed that what they enjoyed most was the President's Challenge Physical Fitness Program. Says Robin, "I liked the President's Challenge because we're doing it at school, and I liked the golf because I was pretty good at it." Both girls earned certificates for meeting the President's Challenge physical fitness standards.

Kelly and Robin also made good use of their time at the Fitness Farm by learning CPR. Teaching the girls is Capt. Gregg Harris, EMS Program Coordinator for the Indianapolis Fire Department. "It's important for people to know how to do this—even kids," says Robin.

SAM AND MARK DUBOSE

Sam and Mark DuBose, ages 9 and 10, are from Elgin, Illinois. They are no strangers to victory. Last year, Sam won the 400-meter race and Mark won the 800-meter race. This year, Sam moved up to the 800-meter event, and Mark ran the 2-mile race—and, once again, each brother took first place! Says Mark, "This year was harder because it was longer."

The boys' dad is their running coach, and they train by running nearly every day. But running isn't the only important activity in their lives. Mark also plays piano and trumpet, and Sam is involved in karate. Mark and Sam were each awarded a $500 scholarship from the Children's Better Health Institute.

THE VOICE OF NIFTY NICHOLAS

by Janet Halfmann

Nifty Nick and Tulip Time host, Cowboy Bob.

Eleven-year-old Nicholas Goldsberry of Plainfield, Indiana, has a voice that can be heard for miles and miles. It's not that he's such a loud talker—Nifty Nicholas is a deejay for Radio AAHS, and his voice is carried through the airwaves to thousands of young listeners.

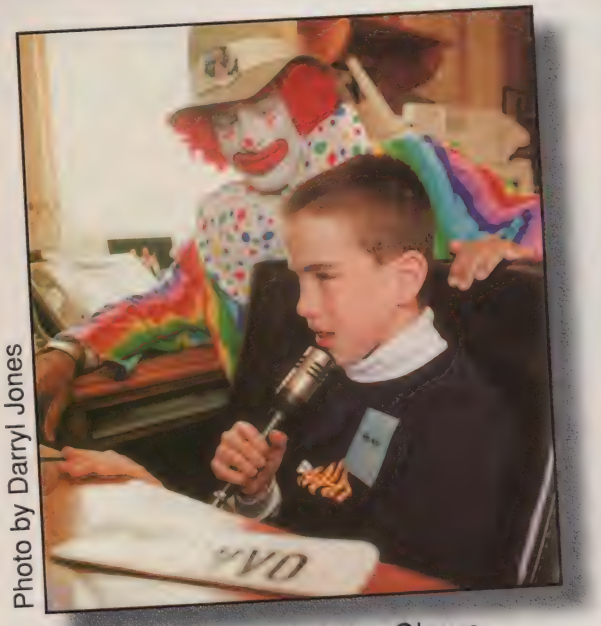


Photo by Darryl Jones

Nicholas and Divot the Clown.

Nicholas broadcasts every Friday night along with his radio pal, Cuddles the Clown. Nicholas was also on hand broadcasting live from the Fitness Farm for the Tulip Time Scholarship Games.

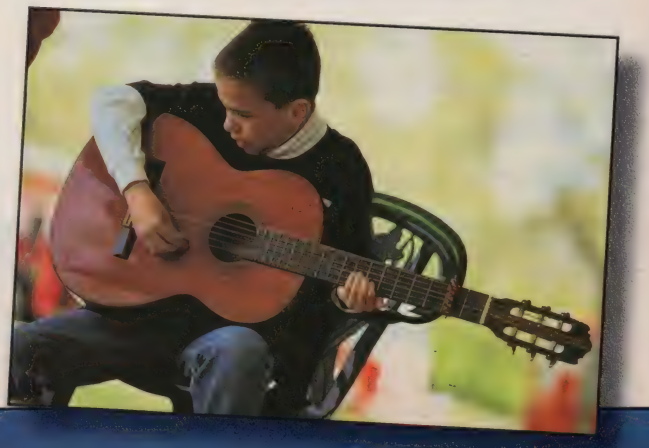
His young listeners gave Nicholas his radio name—Nifty Nicholas. He picked the name as his favorite from several listeners' suggestions.

Nicholas got the radio job by writing an essay on why he wanted to be a deejay. Now he even has his own theme music! He and Cuddles talk about events that are of interest to his audience, like the Tulip Time Scholarship Games.

Nicholas has been blind since birth, but that hasn't stopped him from pursuing his many interests. He loves sports—you could tell that by watching him shoot baskets at the Fitness Farm.

But sports and broadcasting are not his only interests. The fourth grader often trades his radio microphone for a singing one. Nicholas had the crowd clapping as he sang on the awards stage at the Fitness Farm. This summer he'll be singing (for the third time) with a country band on a showboat in Nashville, Tennessee. Crowds don't make him nervous at all. "There were 1,200 people at one show in Nashville," he recalls.

Give Nifty Nick an audience and a mike, and he's ready to entertain! ★



CONGRATULATIONS TO ALL THE PARTICIPATING COLLEGES AND UNIVERSITIES ON THE FINE FUTURE SCHOLARS THEY RECRUITED!

1997 Tulip Time College/University Sponsors:

Central College Pella, Iowa
Earlham College Richmond, Indiana
Grand Valley State University Allendale, Michigan
Hanover College Richmond, Indiana
Hope College Holland, Michigan
Indiana State Terre Haute, Indiana
Iowa Wesleyan College Mt. Pleasant, Iowa
Marian College Indianapolis, Indiana
Northwood University West Palm Beach, Florida
Taylor University Upland, Indiana
University of Indianapolis Indianapolis, Indiana

It's never too early to start planning for next year's Tulip Time Scholarship Games—so mark your calendars now!

WHEN: Saturday, April 25, 1998

WHERE: Fitness Farm
2345 West 44th Street
Indianapolis, Indiana 46208

WHO: Kids twelve and under (plus parents and grandparents!)

WHAT: Track races! Spelling bees! Basketball, soccer, tennis, and golf events! Races for moms and dads, grandmothers and grandfathers! Entertainment and fun for the whole family!

Look for the new Spelling Bee list of body parts for the 1998 Tulip Time Scholarship Games in future issues. Next year we'll also feature Nature Identification Scholarship events.

Participants will have the opportunity to win scholarships by identifying vegetables, flowers, weeds, and herbs. Watch for details in upcoming issues of *U*S*Kids!*

For a complete list of winners of the 1997 Tulip Time Scholarship Games, send a note requesting the list along with a self-addressed stamped envelope to:

Cory SerVaas, M.D.
1997 Tulip Time Winners
2345 West 44th Street
Indianapolis, Indiana 46208

THE CALL OF THE COYOTE

by Sara Murray-Plumer

The coyote is best known for its distinctive call. This Northern and Central American cousin to the dog marks its territory by filling the night air with an eerie wail.

Coyotes often travel with a group of other coyotes called a *pack*. Once one coyote raises its voice, its comrades are certain to join in. Humans can hear their howl as far as ten miles away.

The coyote has large ears that allow it to hear faraway sounds and sounds that are very faint—like the quiet squeaking of a mouse. Coyotes also have good eyesight and a keen sense of smell. These traits make the coyote an excellent hunter. Mice, birds, squirrels, and rabbits are no match for the coyote.

The coyote may team up with other coyotes to catch larger animals like antelope, deer, and elk. The coyote is not a picky eater—if it comes across a dead animal, it will enjoy this easy meal. The coyote also eats fruits, grass, and insects, especially if meat is scarce.

Illustrated by Martin Williams

© S. Michael Bisceglie/Animals Animals

U·S·
kids
A Weekly Reader® Magazine

The coyote has been pursued by humans for hundreds of years. Some consider the coyote a dangerous pest, while others appreciate the coyote's assistance in keeping the number of rodents under control.

Despite years of being extensively hunted and trapped, the clever coyote has not diminished in number. Originally coyotes lived west of the Mississippi. But because of its ability to adapt to new environments, the coyote has not only survived in its original habitat, it has increased its territory. Now coyotes can be found as far north as Alaska and as far south as Costa Rica.

The distant howl of the coyote marks its ever-increasing territory. Its call is intended to discourage other coyotes, but it also reminds us of the coyote's remarkable ability to survive and thrive wherever it goes. ★

Height	2 feet at the shoulder
Weight	15 to 50 pounds
Length	4 feet, including its tail
Running Speed	up to 40 miles per hour
Jumping Height	up to 12 feet

Illustrated by Martin Williams

ADVENTURES of the PUZZLE SQUAD

PLACE
PHILADELPHIA

TIME
JULY

TEMP.
87°

Hi, kids! We're on our way to the home of the Declaration of Independence, the U.S. Constitution, and a lot more! Come along with us to Philadelphia, Pennsylvania. But first, find and circle these things:

- a quill pen
- a pretzel
- a Colonial flag
- the Liberty Bell
- a banjo
- a kite

Mummery Is the Word

Are these crazy costumes or what! The people you see are called "Mummers." They are doing a special dance in this parade. Use the code key below to help the Puzzle Squad learn the name of the dance.

Parasol Search

A parasol is a kind of umbrella—but it blocks out the sun, not the rain! The Mummers use parasols as part of their costumes. Can you find eight parasols here?

Busy as a "B"

Is there a "B" in your name? Find and circle seven things here with names starting with B.

Illustrations by Nancy Holliday

Ben Franklin's Ghost House

This is where Benjamin Franklin lived. His house isn't here anymore, so people built this special place to show what it looked like. We're looking for five things that Ben Franklin invented or used. Can you find these hidden things:
a book, an inkwell,
a printing press,
spectacles, and
a stove

Ben's Birthday

Benjamin Franklin was one of the founding fathers of our country. He also did a scientific experiment with a kite. Help us figure out in what year he was born. Count the kites of each color. Write each total below on the matching kite. We've given you a head start.

C L K O H Y B I E G A L F
O O J P X V K K E R U B R
U I N D E P E N D E N C E
N T C S M G Y A O O G H E
T U Q Y T R E B I L A O D
R P Y H P I R Q M L D O O
Y E L Q G N T R L Y F H M
Z E L L D R B U N I T E D
F D E C L A R A T I O N M
W M B S I W S P T I W J T
K B V A P M M L V B O R P
S E T A T S Q M W K Y N S

Now we are at Independence Hall. This is where the Constitution was written and the Declaration of Independence was signed. We are proud of our freedom. Help us find and circle some important words about our nation and this place:
bell, constitution, country, declaration, flag, freedom, hall, independence, liberty, states, united.

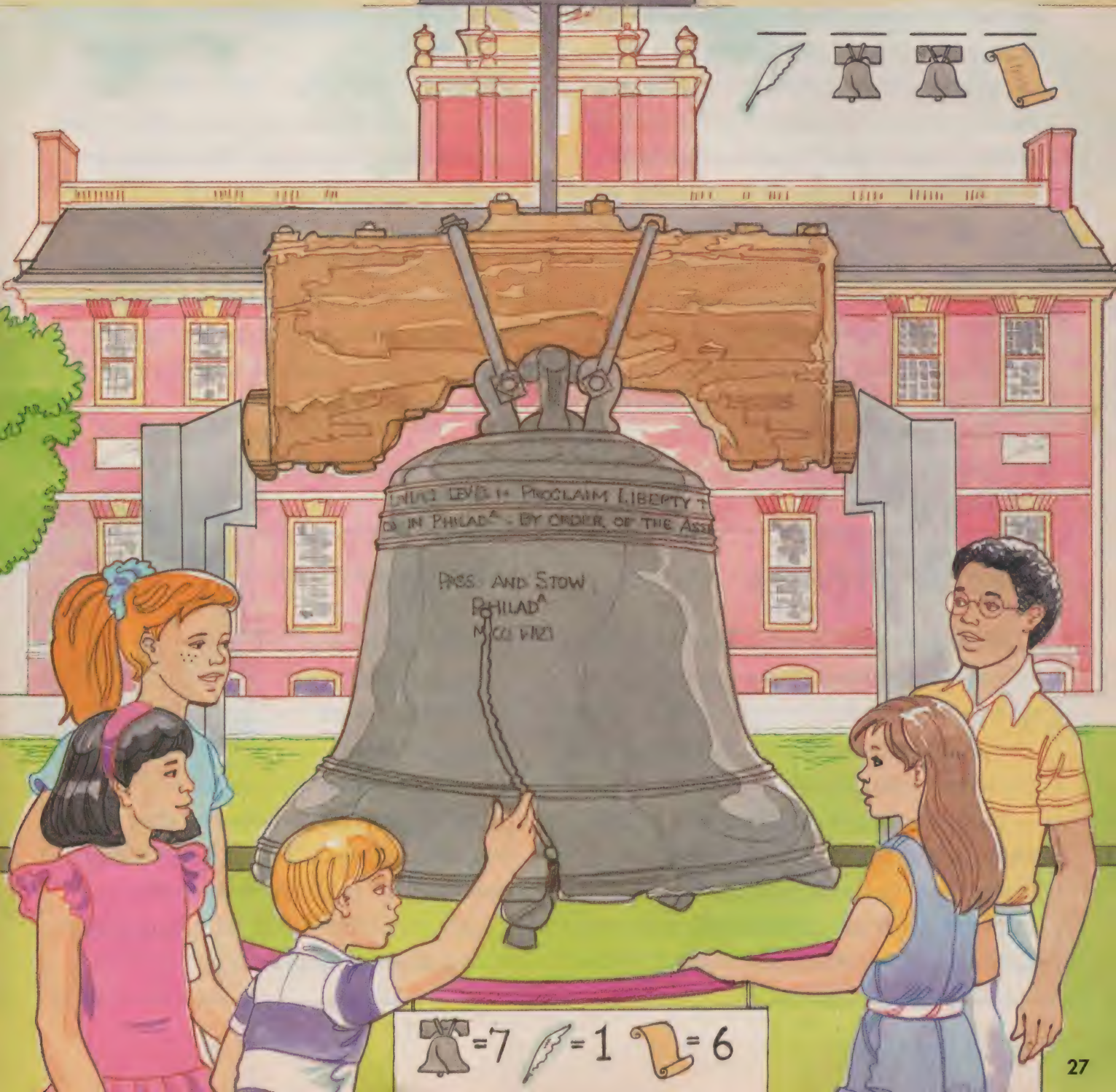
Have a Chair

These chairs are special. Our forefathers used them when they were figuring out how to make our country free and strong. We can't sit in them, but we do want to know how many chairs are here. Count them and write your answer below.

We are at the Liberty Bell, our last stop in Philadelphia. The bell has a big crack, so people don't ring it anymore. But it is an important part of our history. People come from across the country to see the bell. When our country declared its independence, this bell rang to say that something very important was happening.

What's That Year?

The Puzzle Squad has had fun in the city where American history was born. Before we leave Philadelphia, we need your help. We want to know when our country declared its freedom. Use the code key below to help us figure out the year.



Software Reviews

by J.P Faber, Senior Editor
www.smartkid.com
The Webzine for Parents

Software vs. Hardware

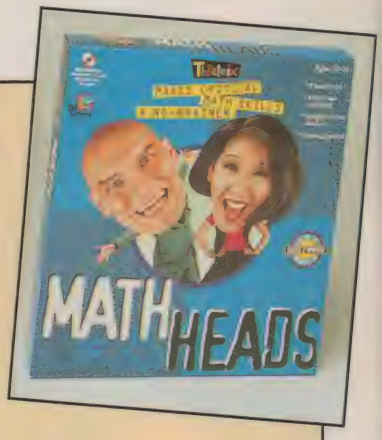
Hardware and software are the two things that make computers work. Hardware is the gear—the hard drive, screen, keyboard, etc. Software is the programming that runs the hardware. New computers come with the general software they need to operate. But if you want to do something specific, like play a game, you need special software.

Why do they call it hard- and software? Well, the hardware is—just tap it with your finger—HARD. The software is hard, too, but it wasn't always that way. Before CD-ROMs, programs for computers were soft, floppy pieces of plastic that needed hard sleeves to pop them into a computer.

There are thousands of software programs, and lots of them are designed just for kids. Some are purely fun, some are purely educational. The best ones are the ones that are fun *and* educational.

This month we've recommended three top programs designed to teach, as well as entertain. So check out the software that's running in this month's Computer Zone!

Math Heads



Want some hip math software? This brand-new program is so hip that it will give your parents a headache. But it will also teach you some great tricks to solve prealgebra math problems.

The program is designed like a TV show, with you as the star. After choosing your head, hat, and body, you cruise the TV channels to game shows, dance contests, and music videos, while nutty characters run around telling bad jokes. If you want to win, you've got to use your head. But guess what? The program is so exciting, you'll hardly notice that you're learning. Who says one plus one can't be fun? *Math Heads*, by Theatrix, 1-800-955-TRIX. Suggested for ages ten to fourteen.

Madeline: European Adventure

Madeline is one of twelve girls living in an orphanage in Paris. In this program—the third and best of the Madeline series—you help Madeline recover a genie's lamp that has been stolen and taken to Turkey. To get there, you (and Madeline) search Paris for clues, earn some money, and get a passport. Then it's off to Switzerland, Italy, and finally Turkey. Each stop is filled with puzzles to solve.

You'll enjoy Madeline's adventures and the quirky characters she meets. You'll also learn about the countries, capitals, and flags of Europe as Madeline travels across the continent by train. We especially like the fact that the hero is a heroine; in the world of CD-ROM games, it's usually a boy who is in charge. Here, a smart little girl is the star, and we think that is *tres bon*, (French for "very good").

Madeline: European Adventure is made by Creative Wonders, 1-800-KID-XPRT, and is suggested for children five and older.

Pirates: Captain's Quest

How would you like to be the captain of a pirate ship, sailing over the Caribbean Sea? Then this is the game for you, a sensational program that puts you on the deck of a Spanish brig in the early 1700s.

This is a terrifically fun game that lets you battle on the high seas, cannon-fire and swordplay included. But make no mistake—you really have to learn in order to play. You must read maps and use a compass, figure out how to sail with the wind, land in ports and trade goods for the supplies and repairs you need—all the stuff you really had to know in order to be the captain of a pirate ship.

You also learn about the history and geography of the Caribbean, everything from the medicine of the time to the weather conditions. All the while your ship bobs up and down in the water, crew members yell out commands, and the sound of waves and sea spray makes you feel like you're really there.

Pirates: Captain's Quest is made by Discovery Multimedia, 1-800-762-2189, and is suggested for children ten and older.

TIPS FOR A FUN, SAFE SUMMER

The summer months mean sunny days, playing outdoors, swimming, biking—many kids think summer is the best time of the year!

But did you know that it's also the most dangerous time of the year? Safety experts call the months from May through September the "trauma season." (Trauma [TRAW-muh]: a wound, especially one caused by sudden physical injury.) More childhood injuries and unintentional deaths occur during these months than during any other time of the year.

The good news is that most of these types of accidents can be avoided. Here are just a few tips on how to have a fun, *safe* summer.

- **Bicycle safety:** Always wear a helmet to reduce your risk of head injury. Ride with traffic, not against it. Look left, right, then left *again* before entering a roadway. Or better yet, stay off the streets and on bicycle paths.

- **Safe swimming:** Swim with a buddy, never alone. Make sure there is a lifeguard or adult supervision. Check the water's depth before diving or jumping in. Be prepared for an emergency—learn CPR!

- **Car safety:** Make it an automatic habit—*buckle up!* Also, it's safer for kids to ride in the back seat.

- **Street smart:** Nearly 1,000 kids are killed each year in pedestrian accidents. Most of these accidents happen in streets near their homes or in driveways. Never run into the street from between parked cars or from behind bushes, etc. Stop before crossing a driveway. Look left, right, and then left *again* before crossing the street, and continue looking until you've safely reached the other side. It's a good idea to cross busy streets with the help of a responsible adult.

For more information on how to stay safe all year long, you can write to:

National Safe Kids Campaign
1301 Pennsylvania Avenue, N.W.
Suite 1000
Washington, D.C. 20004-1707

FIRST DEFENSE

by Susan Stanton

It can repair itself when it's damaged. Pieces of it can be attached to someone else. It's big—the biggest there is. You can see it with your eyes.

Can you guess what amazing body part this is?

That's right—your skin!

No kidding! Most people don't realize that skin is an organ, just like the heart or kidneys—but it is. It can be used in transplants. That means if you have a bad burn on your arm, the doctor can take skin from another part of your body. This skin is used to cover the burn so it heals faster. Doctors can use your skin to help other people, too.

Just think of all the places you have skin. It starts at the top of your head and goes right to your toes. Whether you are six feet tall or two feet wide, your skin grows right along with you.

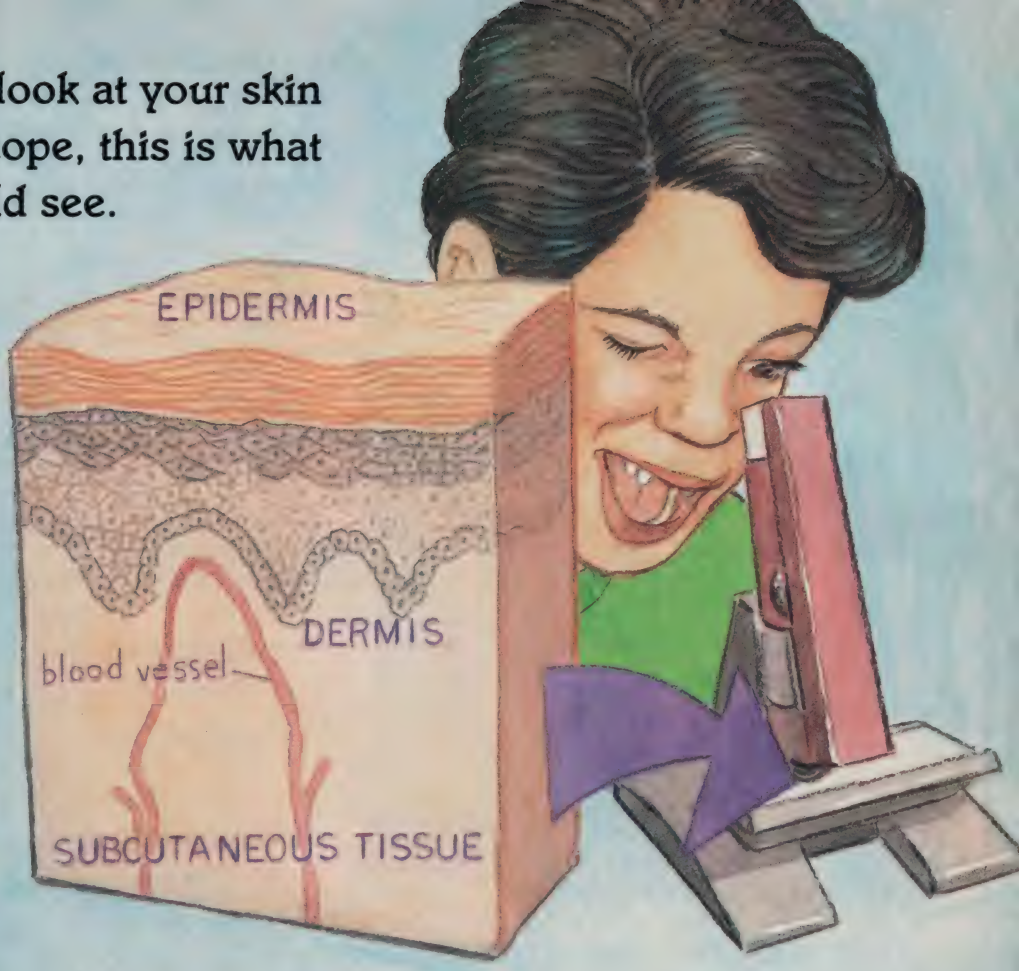
If you looked through a microscope at your skin, you would see three layers. On the outside is the ***epidermis***. This part you can see with your eyes. The epidermis is where your skin gets its color. It may be white, brown, tan, olive. The color comes from pigment cells called melanin.

The next layer is the ***dermis***. This part of your skin holds the cells that grow hair. This is the place you see if you cut your finger. It holds lots of blood vessels that help you heal.

If you could look at your skin under a microscope, this is what you would see.

This special picture shows you the three layers of your skin.

The outside layer of your skin is called the ***epidermis***. The ***dermis*** is the second layer of your skin. This is where your hair grows. The third layer of your skin is called the ***subcutaneous tissue***. It supports the first and second layers of your skin.



Your skin covers your entire body, from your head to your toes. But did you know that your skin is thick in some places and thin in other places? The skin on your back is much thicker than the skin on your face.

Your skin is the largest organ of your body. It is made of cells that grow from the inside out. When you eat good food, you help your skin stay healthy! That's because your skin needs the vitamins and minerals in the food you eat.

The very bottom layer of your skin is called the ***subcutaneous tissue***. Its main job is to support the other two layers of skin. It is made of fatty tissue. The fat keeps your body warm. It helps cushion your body (for example, when you sit on a hard picnic bench or bang your arm).

How can you help your largest organ take good care of you?

Keep it clean by washing it. Soap and water rinse away germs that live on your skin. The germs are just waiting for the chance to attack. If germs get into a cut, they can cause infection.

Sunburn can make your skin peel and blister. When this happens, you lose important fluids. These fluids keep your skin soft and smooth. If you are in the sun for very long, use a sunscreen.

And since your skin grows from the inside out, you must feed it well. That means eating healthful foods with plenty of vitamins and minerals.

Your skin works hard for you 24 hours a day. With a little help, your skin, the first line of defense against the germ army, will stay healthy—and so will you!

SKIN HINTS

You need your skin—and your skin needs you. We've hidden a special message here. In it, you'll find three good things to do for your skin. Can you read the code?

A Code Puzzle For You!

A	C	D	E	F	L	N	R	S	U
1	2	3	4	5	6	7	8	9	0

5	4	4	3					
2	6	4	1	7				
9	0	7	9	2	8	4	4	7

Illustrations by Anni Matsick

Ask Doctor Cory

Dear Dr. Cory:

Why do mosquito bites itch so much?

Katie Bohrer
Plano, Texas

When you get a mosquito bite, why does it swell up like a bump?

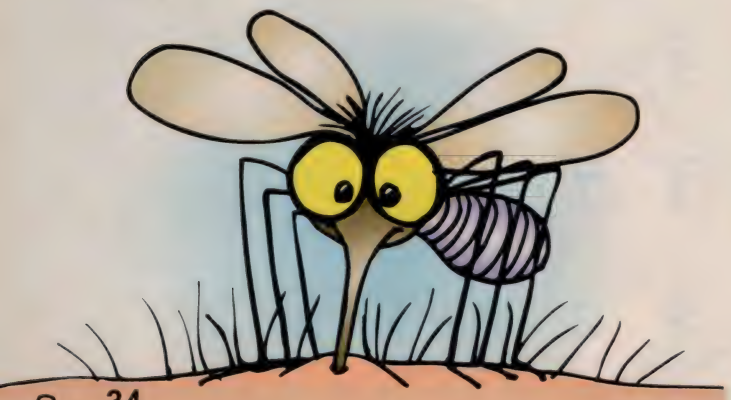
Deanna Palatucci
Williamstown, New Jersey

Dear Katie and Deanna:

When a hungry mosquito lands on you, it pokes through your skin with its needlelike nose. The mosquito then sucks blood from a tiny capillary (a very small blood vessel). Saliva from the mosquito keeps the blood from clotting.

Your body reacts by releasing a chemical called *histamine* (HIS-tuh-meen). Histamine causes blood vessels near the bite to enlarge, making the area red and swollen. Histamine also irritates nerve endings, which makes you itch.

The best treatment for a mosquito bite is to wash with soap and water. Use hydrocortisone cream to help stop the itching. Try not to scratch the bites—they can become infected.



Dear Dr. Cory:

What causes skin cancer and how can I keep from getting it?

Sara Gibson
Athens, Georgia

Dear Sara:

More than ninety percent of all skin cancers are due to sun exposure. Whether you get a sunburn or a suntan, you are exposed to the sun's ultraviolet (UV) rays. These rays are invisible to the human eye, but they can cause serious damage to the skin. Too much time spent unprotected in the sun can cause the skin to become dry and wrinkled—what is called "prematurely aged" skin. Prolonged exposure to the sun's rays can also lead to skin cancer (melanoma cancers).

Kids have to be especially careful because they spend so much time outside. In fact, about 80 percent of all sun damage occurs before the age of eighteen!

Please send your questions about children's health to:
"Ask Doctor Cory"
U•S•Kids
P.O. Box 567
Indianapolis, IN 46206

This column is not intended to replace the advice of your doctor.

Regular use of sunscreen with a sun protection factor (SPF) of 15 or more during these years can greatly reduce the lifetime chance of melanoma cancers.

Dear Dr. Cory:

What is the purpose of that dangling thing at the back of your throat?

Sara Levy
Cary, North Carolina

Dear Sara:

The red thing that hangs down in the back of your throat is called the uvula (YOO-vyoo-luh). It is made up of muscle, connective tissue, and mucous membrane. No one seems to know the purpose of the uvula.

Maybe someday we will discover the uvula's purpose. In past generations, the purpose of the tonsils was not understood. Doctors used to think that the tonsils did not serve any particular purpose, and that they contributed to frequent throat infections. Often children's tonsils were surgically removed. We now know that although tonsils can become infected, they help stop harmful bacteria that enter the throat from spreading to the rest of the body. Today most children get to keep their tonsils.

Illustrations by Ron Wheeler

FITNESS FUN

FROM THE NATIONAL INSTITUTE FOR FITNESS AND SPORTS

GREAT GAMES FOR GOOD ATHLETES

by Lynne Rohmerien

Want to be better at your favorite sport? Some of the games you play every day can help. Games such as tag and dodgeball make you quicker. They make you stronger. And you'll learn the same skills you need to be good at most sports.

Let's take a look at how "everyday" games can make you a better athlete:

Think about the last time you played TAG. Remember how you changed the direction in which you were running? A football running back changes direction the same way. Then the other team can't tackle him.

Remember how you had to keep your balance when you changed direction? A soccer player uses this same skill when she dribbles the ball toward the goal.

Remember how you suddenly speeded up to get away? A basketball player uses this same skill to break free for a slam dunk! So when you play tag, you're not just having fun. You're practicing for your favorite sports, too.

DODGEBALL is another fast-moving game that you've probably played. Remember how you had to run to avoid the ball? That's the same way a tennis player moves. Only instead of getting away from the ball, the tennis player gets in the right spot to hit it.

Then it was your turn to throw the dodgeball. You had to aim carefully, just like a football quarterback. You had to throw quickly and smoothly, just like a baseball pitcher. And most importantly, you had to be a good sport· no aiming at another player's head or neck!

Playing "everyday" games will make you better at your favorite sport.

TAG is a fast, fun game. It helps you build running skills, too.

Developed by
Mike Nishihara, Director
of Athletic Development, NIFS

Illustrations by
Larry Nolte

To play RED, WHITE, and BLUE, you need to run fast, run slow, and change directions.

Your Favorite Games Can Help You Play Your Favorite Sports!

And the great thing about that is: you get to have fun while you get better!

Here's another tag game that will make you a better athlete.

Red, White, and Blue

Players: Eight or more
Instructions:

1. The players form a circle around one person. That person is the "leader."
2. When the leader says "Go," the players run around in a circle. (This is just like a sprinter running around a track.)
3. When the leader says "Speed up," the players run faster. When the leader says "Slow down," the players run slower.
4. Here's the fun part. When the leader says "Change," each player turns around and tries to tag the person in front of him or her.

Playing DODGEBALL is a great way to practice for your favorite sports.

My Parents Are Getting a Divorce

Dear Kids,

I have a problem. My parents are getting a divorce, and I am really sad. Can you help me?

Spencer

This month's Kids Helping Kids panel is from Fox Hill Elementary, Indianapolis, Indiana.

Sage

My parents are divorced, too. I know that you are sad, and I can't change that, but I may be able to help. Start by telling your parents that you are sad and ask how often you will visit both parents. Then every night write down all the things that you are grateful for and see how lucky you are, regardless of the divorce.

Chelsy

Talk to your parents about how you feel. If that doesn't help, try talking to a friend who has gone through it before. And whatever you do, don't think that it is your fault. Good luck!

Illustrated by Joy Allen

Ryan

One way to help you through a divorce is to talk with your friends, parents, teachers, or any other people that are close to you. Another way is to look on the bright side—your parents won't fight as much and you can still visit both of them. I hope this helps. I will be thinking of you.

Georgia

My parents are divorced, too. I was also very sad. What helped me was talking to someone. Try talking to someone—your parents, your friends, a counselor, or even your stuffed animals. Remember, it's OK to cry.

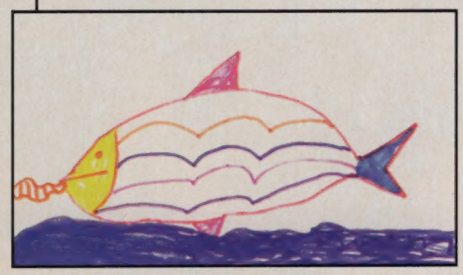
Tyler

Just because your mom and dad are divorced doesn't mean that they don't love you anymore. You will still love them, and they will still love you, but you will not see them at the same time. Just because they are not married doesn't mean they are not still friends. Sometimes they just get along better when they are apart.

Do you have a problem that is causing you trouble? Need help? Write to "Kids Helping Kids," *U*S*Kids*, P.O. Box 567, Indianapolis, IN 46206. Be sure to send us your complete address.

All letters become the property of the Children's Better Health Institute. Letters sent for publication are subject to editing.

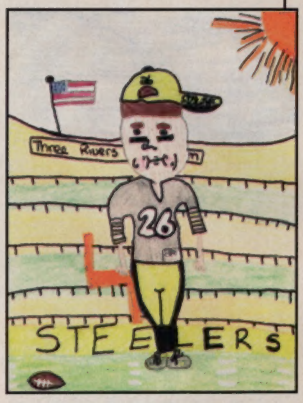
BEST for the End



Shanta Pillai, age 6
Palm Harbor, Florida

Jennifer Bouvette, age 10
Nevada, Iowa

Ratna Pillai, age 9
Palm Harbor, Florida



The Steelers' Cornerback
Erin Hilla, age 11
Conneaut Lake, Pennsylvania

Ballerinas

Ballerinas love to dance,
Around the room they will prance.
They jump around in the air,
Dancing about without a care.
Moving around with such grace,
Always a smile on their face.
Their hair is up in a bow,
Spinning around on each toe.

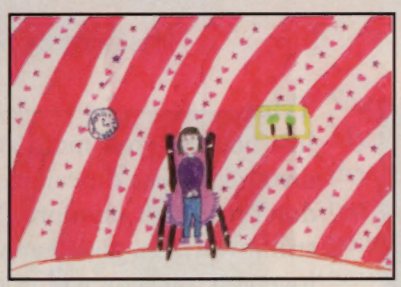
Christina Watson, age 11½
San Lorenzo, California

Viking
Jordan Carroll, age 10
San Diego, California

Indian Horse of My Dreams
Vicki Duncan, age 10
Woodland, California

My Pretty Princess
Kim Wallander, age 9
Wahiawa, Hawaii

Geofrey Frazier, age 8½
Lompoc, California



Courtney Carpenter, age 10
Crawfordsville, Indiana

Horse
Jason Stallings, age 11½
Raleigh, North Carolina

My Pet

I had a little pet;
I took him to the vet.
He was in lots of pain;
He had a little sprain.
The doctor fixed him up;
Now he's my happy pup.

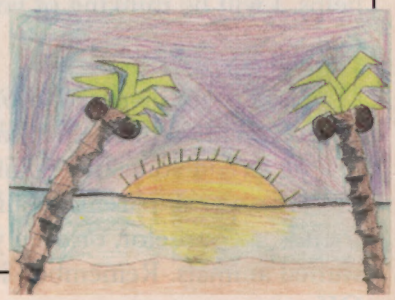
Stuart Wieten, age 7
Torrance, California

My Summertime Place

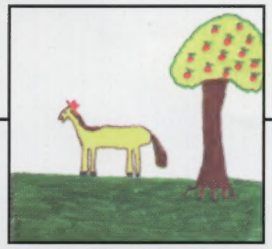
My favorite summertime place
Always puts a smile on my face.
It's in the mountains,
Where the springs bubble up like fountains.
A log cabin is a great place to stay,
It's my favorite summertime place to play.

Katie Cullen, age 11
St. Leonard, Maryland

Horses
Rachel Whalen, age 9
Long Island, New York



Sunrise in Hawaii
Jonathan Suen, age 9½
Syosset, New York



Dashes
Asia Steeghs, age 8
Center Point, Texas

Amanda Best, age 10
San Bernardino, California

Rachel Taylor, age 8
Bonifay, Florida

Hey, Kids!

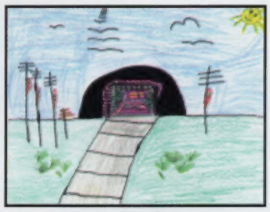
Send us your pictures and poems—we'll publish as many as we can. **Please send only YOUR OWN WORK.** Pictures should be on unlined paper, and poems should be twelve lines or less. **Include your name, age, and address, and mail to:**

"Best for the End"
U·S·Kids
P.O.Box 567
Indianapolis, IN 46206

NOTE: All work becomes the property of U·S·Kids; submissions cannot be returned. Because we receive so many drawings and poems, we're not able to print every one. But we do look at **all** of your submissions, and we'd like to say, "Thank you!"

Married Dolphins
Kelli DiFazio, age 7
Dix Hills, New York

Me in the Future
Michael Amato, age 12
San Jose, California



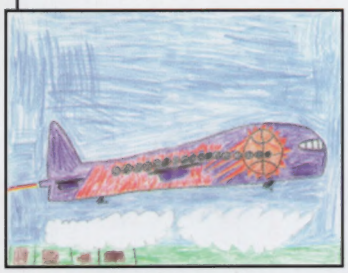
Train Tracks
Ashland Evans, age 9
Galax, Virginia

Love Is...

Love is a very special thing.
A smile, a tear, a soft summer rain.
It has no beginning, it has no end.
But I like it best when it's shared with a friend.

Christina Kast, age 10
White House, Tennessee

Sage Seeberger, age 8
Vancouver, Washington

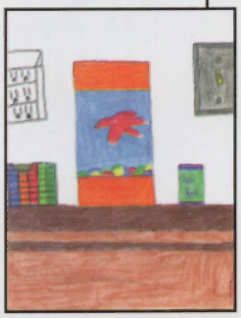


Phoenix Suns' Aircraft
Max Hutchison, age 9½
Phoenix, Arizona

Travis Falls, age 6
Santa Rosa, California

Mr. Eads, My Teacher
Sarah Reisman, age 9½
Cincinnati, Ohio

Parrot in my Dreams
Colleen Smith, age 8
W. Hartford, Connecticut



My Fish
David Thomas, age 10
Dacono, Colorado

Modern Art
Marina Shahnaz, age 9
Charleston, Illinois

A Super Castle
Wilbert Powell, age 8
Mt. Vernon, Georgia

Wild Horse
Kristina DiFazio, age 9½
Dix Hills, New York

Brotherhood

Believe in your world.
Respect your neighborhood.
Open your heart.
Teach people to love each other.
Help in your city.
Equal rights for everyone.
Respect people who respect you.
Have love for everyone.
Open your heart.
Offer people help.
Dream of peace.

Sharae Newborn, age 10
Pasadena, California

When I go outside, Betsy is always there to play with me. She loves to play soccer Sometimes Betsy sleeps with all four feet sticking straight up in the air!
—Jack Dukeminier, age 8
Eugene, Oregon

My dog's name is Sunshine. I think she should be in Pet Show because she is very cute and very friendly. Whenever we come home from some place, Sunshine is so excited to see us that she jumps up and licks us.
—Jessica Lanke, age 9
Pittsburgh, Pennsylvania

I think my dog Blaze should be in Pet Show because she is smart, playful, and cute!
—Chelsie Roach, age 10
Terrell, Texas

My dog's name is Roxie. When my mom, dad, and I wake up, she gathers socks from around the house and parades around with them in her mouth.
—Caitlin Santone, age 10
Latrobe, Pennsylvania

Write and tell us why your pet should be chosen for "The Pet Show." Please include a photo of you and your pet. (We're sorry, but we can't return your photo.) Be sure to include your name, age, and address. Send it to:

"The Pet Show," *U·S·Kids*
P.O. Box 567
Indianapolis, IN 46206

I would like my cat, Piper, to be in the magazine. He is fat and he sits at the window and watches birds.
—Chris Hart, age 8
Palo Alto, California

Kiki is a teddy bear hamster She gives me secrets in my ear I play with her all the time. In the summer my dad and I take her out in the grass—she likes it!
—Kelsey Jackley-Allen, age 7
Lakeville, Minnesota